

wegoTM

heart rate monitor

PULSE_{plus}

USER MANUAL

measure your **heart rate**
for a better, healthier you!



JoinWeGo.com

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WELCOME TO WEGO™

WeGo™ allows users to **SEAMLESSLY TRACK** their fitness progress and goals. Our line of activity trackers and heart rate monitors are engineered for **QUALITY** and **VALUE**, using the **LATEST TECHNOLOGY** in data tracking. WeGo's line includes products for all individuals—regardless of their fitness level or activity type.



BE HEALTHIER

prevent injury
and overtraining



BE SMARTER

achieve the most
effective workout



BE HAPPIER

improve personal
fitness levels

KEY FUNCTIONS

HRM OPTIC PULSE WATCH

This product uses an Electro-optical technology to sense the heart beat. It has two LED beams and electro-optical sensor to detect the volume of blood under your skin. This watch is strapless (no HR belt).

Push Button location and main function:



Note that actual color of the watch and artwork may vary from style to style.

IMPORTANT SAFETY INFORMATION

- Consult your doctor before beginning a new exercise program.
- This watch provides accurate heart rate measurements. However, this is not a medical device.
- This watch may affect pacemakers. If you have any concerns, consult your doctor before using this watch.

This watch is water resistant up to 1 ATM.

Battery Type: CR2430

GENERAL OPERATIONS

HOW TO WEAR PROPERLY:

- Fasten the watch snugly so that the optical sensor makes a tight contact with your skin. The tighter you can wear the watch the better.
- Wear the watch not on your wrist bone but higher on your forearm.
- If the Heart rate data displayed in the watch is not stable or erratic, try to move the watch along your forearm within the best wearing position as shown.



Important notes:

Before starting your exercise

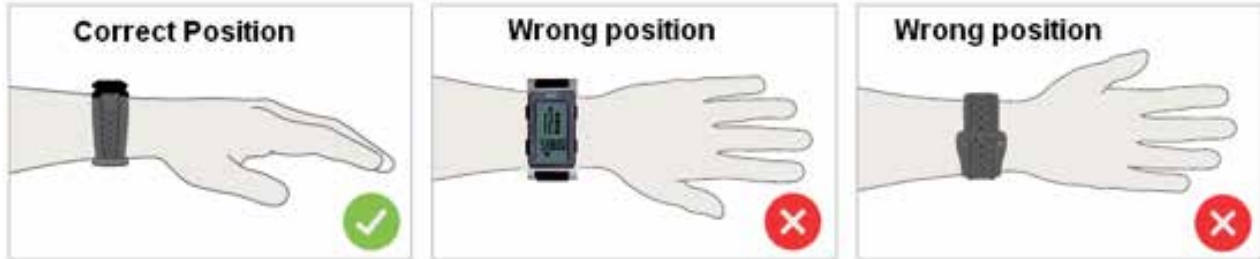
- If you have a smaller wrist, wear the watch higher on your forearm.
- For users with concave wrist, wear the watch higher and on the underside of your forearm. This is because bending of the wrist may affect the heart rate reading.



GENERAL OPERATIONS

HOW TO WEAR PROPERLY:

- We strongly recommend doing a warm up exercise for a few minutes before you begin to track your heart rate. This is for optimal heart rate reading accuracy, especially if you have cold hands or poor circulation,
- You may need to re-tighten the strap.
- After sweating, you have to tighten the watch again for more accurate measurement.
- Minimize extreme wrist movement while the HR is in use.
- When taking your heart rate readings, make sure your hands are in horizontal position and parallel to the ground.



GENERAL OPERATIONS

OPTICAL HRM MODE

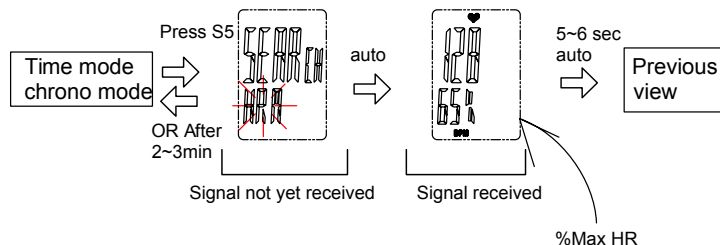
How to turn ON the Optical HRM:

- Press S5 while in TIME mode or CHRONO mode to go to HRM mode. The watch will start searching for your heart rate.
- The watch will display your Heart rate for 30 seconds. The HR data is also locked for 30 seconds.
- During this time, S1 and S5 are locked and have no function.
- During this period of 30 seconds, only S7 can exit HRM mode.
- If you exit by pressing S7 within the 30 seconds time frame, you cannot re-activate the HR mode by pressing S5 again. You have to wait for the 30 seconds to lapse before you can re-activate the HR mode.
- Without pressing any pushers, HRM mode will automatically exit to previous mode after 30 seconds.

While running:

- If current HRM is below preset lower zone, down arrow will blink to remind you to speed up, the watch will alert you with a warning sound.
- If current HRM is above preset upper zone, up arrow will blink to remind you to speed down, the watch will alert you with a warning sound.

Please be sure to set your user info!

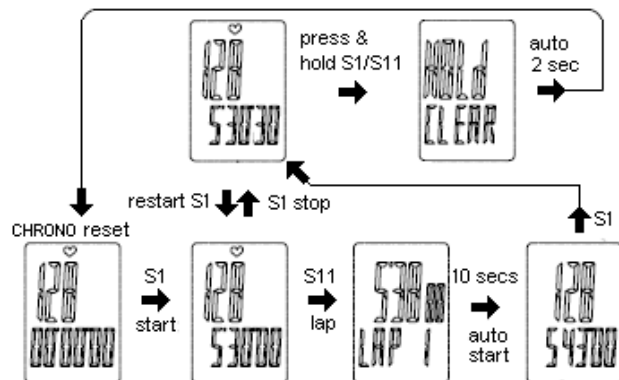


GENERAL OPERATIONS

CHRONO MODE

How to Start, take Lap, Stop and Reset:

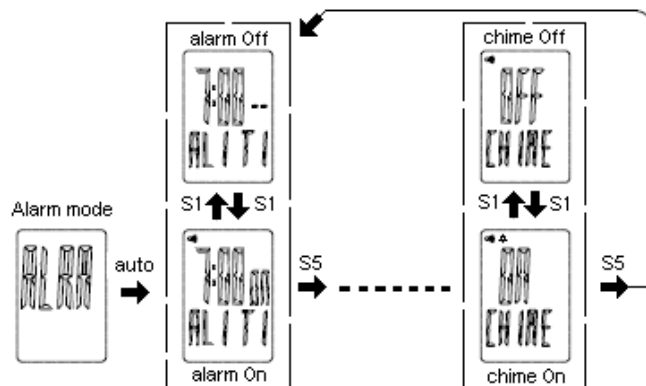
- Press S7 from TIME mode to go to CHRONO mode.
- Press S1 to start, stop, or re-start.
- Press S11 to take manual Lap. The display will freeze for about 10 seconds to display the Lap number and Lap time.
- Press & hold S1 or press & hold S11 to clear/reset.



ALARM AND CHIME MODE

How to set the Alarm and Chime in Alarm mode:

- Press S7 from TIME mode to go to ALARM mode.
- Press S5 to scroll Alarm 1 to 5 through Chime screen, (The 5 alarms can be set individually in SET mode).
- Press S1 to On or Off the Alarm and Chime.

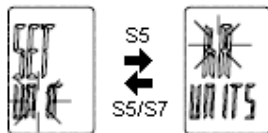


GENERAL OPERATIONS

SET MODE

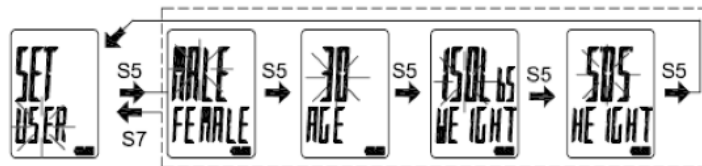
How to set the UNIT:

- Press S5 while “UNIT” is blinking.
- Press S1/S11 to change to KM or MI.
- Press S5/S7 to confirm.
- Press S7 to exit setting.



How to set the USER:

- Press S5 while “USER” is blinking. “MALE” will start to blink.
- Press S1/S11 to change the blinking digit.
- Press S5 to confirm.
- Continue setting other parameters by pressing S5
- Press S1/S11 to change the blinking digit.
- Press S7 to exit to USER setting screen.



GENERAL OPERATIONS

SET MODE

How to set the HRM:

- Press S5 while “HRM” is blinking. ZONE “1” will start to blink.
- Press S1/S11 to change the blinking digit.
- Continue setting other parameters by pressing S5
- Press S1/S11 to change the blinking digit.
- Press S5 to confirm.
- Press S7 to exit setting.



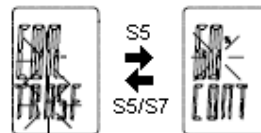
Level 1: 60~70% Max HRM (default 117~136 bpm)

Level 2: 70~80% Max HRM (default 136~156 bpm)

Level 3: 80~90% Max HRM (default 156~175 bpm)

How to set the CONTRAST:

- Press S5 while “CONTRAST” is blinking. Contrast percentage will start to blink.
- Press S1/S11 to change to your desired value (contrast range is from 10 -100%).
- Press S5/S7 to confirm.
- Press S7 to exit setting.

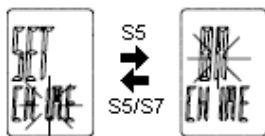


GENERAL OPERATIONS

SET MODE

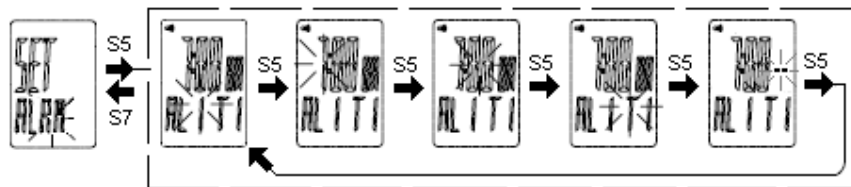
How to set the CHIME:

- Press S5 while “CHIME” is blinking. The watch will display CHIME ON.
- Press S1/S11 to change to CHIME ON or OFF.
- Press S5/S7 to confirm.
- Press S7 to exit setting.



How to set the ALARM:

- Press S5 while “ALARM” is blinking. AL”1” digit will start to blink.
- Press S1/S11 to toggle through Alarm 1 to alarm 2 (The 2 alarms can be set individually).
- Press S5 to set the selected Alarm number.
- Press S1/S11 to change the blinking digit.
- Press S5 to confirm.
- Continue setting other parameters by pressing S5.
- Press S1/S11 to change the blinking digit.
- Press S7 to exit to ALARM setting screen.



GENERAL OPERATIONS

HELP FUNCTIONS

- If the Heart rate data displayed in the watch is not stable or erratic, try to move the watch along your forearm within the best wearing position as illustrated in page 3.
- Fasten the watch snugly so that the optical sensor makes a tight contact with your skin. The tighter you can wear the watch the better.
- Your skin should be free of SCARS or any other object that will interfere with the sensor.
- The heart rate is taken directly through your skin to the watch sensor, so it is very important that there are no obstructions that will interfere with the detection of the Heart rate.
- Try wearing the watch on your other wrist.

REGULATORY & SAFETY NOTICES

WARNING: Heart rate monitoring systems maybe inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

This is not a medical device. Should not be used to diagnose or treat any medical condition. Consult your doctor for prevention, diagnosis and treatment. See the user guide for further guidance.

This is not a toy. Keep away from children.

BATTERY SAFETY INFORMATION

- Do not allow children to play with button cell batteries, and keep button cell batteries out of your child's reach.
- Never put button cell batteries in your mouth for any reason as they are easily swallowed accidentally.
- If a button cell battery is ingested, immediately seek medical attention.
- Non-rechargeable batteries are not to be recharged

- Rechargeable batteries must be removed before recharging
- Rechargeable batteries should only be recharged under adult supervision
- Exhausted batteries are to be removed
- Do not mix old and new batteries
- If this product will not be used for an extended period of time, remove the batteries from the product
- The supply terminals are not to be short-circuited
- Batteries are to be inserted with correct polarity
- Clean the battery contacts and also those of the product prior to battery installation
- As always, dispose of batteries in an eco-friendly manner

IMPORTANT

**Do not press the Button under water.
Do not wear product while diving.**

REGULATORY & SAFETY NOTICES



The WEEE symbol on the product or on its packaging indicates that the product must not be disposed of with normal household waste. Instead such marked waste equipment must be disposed of by arranging to return to a designated collection point for the recycling of waste electrical and electronic equipment. By separating and recycling this waste equipment at the time of disposal will help to conserve natural resources and ensure that the equipment is recycled in a manner that protects human health and the environment.

Keep this manual and packaging for future reference since it contains important information

CARE & MAINTENANCE

- NEVER attempt to disassemble or service your unit.
- DO NOT expose the unit to extreme heat, shocks, magnetic fields, electrical noise, strong vibration or long-term exposure to direct sunlight.
- DO NOT drop or step on the watch.
- TO CLEAN THE UNIT: wipe with a lightly moistened cloth. Apply mild soap to the area if there are stubborn stains or marks. Do not expose the unit to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol or insect repellents, as they may damage the unit's seal, case and/or finish.
- STORE the unit in a dry place when you are not using it.

BATTERY REPLACEMENT

Battery replacement will be required from time to time, and should occur when:

1. The display fades in part or completely
2. The heart rate function will not activate
3. Backlight System does not operate
4. The battery icon is visible

To replace the battery of your WeGo™ Heart Rate Watch, we recommend you take it to a watch repair service center or certified jeweler. This will ensure that the water resistance will be retained after battery replacement.

TROUBLE SHOOTING

POTENTIAL CAUSES FOR NO HEART RATE READING OR LONG RESPONSE TIME

CAUSE: Dry skin

SOLUTION: Apply conductive gel thoroughly to chest area (for Chest-Strap measurement) or finger (for Finger-Touch measurement). Tap water may help if conductive gel is not available.

CAUSE: Chest strap is not contacting with skin

SOLUTION: Make sure the chest strap is firmly over the chest and the Watch is securely on wrist.

CAUSE: Muscle tremors caused by pressing on sensors too hard (finger touch)

SOLUTION: Decrease finger pressure on the Sensor Pads.

CAUSE: dead skin on wrist, finger or chest.

SOLUTION: Rub off excessive dead skin with a towel.

CAUSE: a thin layer of body grease insulates the ECG signal preventing the chest strap or watch from detecting ECG heart rate

SOLUTION: Wipe chest/wrist and the back of Chest Strap/watch with a tissue or soft towel.

CAUSE: Hairy skin

SOLUTION: Apply conductive gel to chest area or wrist.

CAUSE: Low battery

SOLUTION: Replace the battery in watch/transmitter and try again.

CAUSE: Electrical field interference from RF devices (chest-strap measurement) such as Overhead power lines, etc.

SOLUTION: Leave the area where RF source potentially exist.

WARRANTY

GUARANTEE CERTIFICATE – FOR PURCHASES MADE IN THE U.S.

If at any time within one (1) year from the purchase date of this product, it fails to perform properly because of defects in material or manufacturing, return it prepaid to: **EB SPORT GROUP, 585 OAK RIDGE ROAD, HAZLETON, PA 18202**

Complete this Guarantee Certificate and enclose it (or a copy of it) with the product. Please contact Customer Service at 866-694-4575 or CustomerService@JoinWeGo.com for a return authorization number, prior to sending in your product.

(PLEASE PRINT CLEARLY)

Name:

Phone:

Address:

Store Purchased From:

Date of Purchase:

Purchase Price:

State:

Zip:

Problem With Product:

WARRANTY

REPLACEMENT

This product has been carefully designed, manufactured and packaged. If any parts are missing or damaged, please contact us at the address above and we will replace the unit at no charge. (Guarantee does not cover crystal or battery.)

FOR PURCHASES MADE IN THE UK

Should you experience problems with this item, please return it to the point of purchase. This will not affect your statutory rights. Alternatively return it to the address shown below for a repair/replacement.

EB Brands UK, Berkeley Business Park, Wainwright Road, Worcester WR4 9FA

www.JoinWeGo.com

Distributed in the UK by EB Brands UK, Worcester WR4 9FA

THE WEGO™ LINE OF PRODUCTS

ACTIVITY TRACKERS



ELITE+

- Sleep Quality
- Goal Setting
- User Replaceable Battery
- Sync Wirelessly



HYBRID+

- Sleep Quality
- Goal Setting
- Sync Wirelessly
- Water Resistant
- Replaceable Straps
- Silent Alarm Vibration



RELAY

- Caller ID/Text Notification
- Auto Sleep
- Sleep Quality
- Sync Wirelessly
- Water Resistant
- Replaceable Straps
- Silent Alarm Vibration

HEART RATE MONITORS



CARDIO/ENDURO 100

- 5.3k Chest Strap
- Time, Chronograph, Heart Rate
- BPM, HR Zone/Alarm
- Date, Lap/Split Time
- Water Resistant 50M



ENDURO 200

- 5.3k Chest Strap
- Time, Alarm, HR, Data Record
- HR Zone/Alarm, Avg/Max HR, BMI
- Run/Lap Memory, Calorie Burn, Recovery HR Monitor/Timer
- Dual Time Zone, Daily Alarms, Lap/Split Time, Night Mode
- Water Resistant 50M



ENDURO 300

- Optical Heart Rate Technology
- Time, Alarm, Chronograph, HR
- HR Zone, % Max HR, Calorie Burn
- Custom User Profile
- USB Rechargeable Battery and Charger Included
- Water Resistant 1ATM



PULSE/PACE

- No Chest Strap Required
- Time, Alarm, Chronograph, HR
- HR Zone/Alarm, BPM and % Max HR Display
- Date, Dual Time Zone, Daily Alarms, Lap/Split Time
- Water Resistant 50M



PULSE/PACE PLUS

- Optical Heart Rate Technology
- Time, Chronograph, HR
- Quick On-Demand HR Reading
- HR Zone, % Max HR
- Custom User Profile
- Water Resistant 1ATM

WeGo™ is the **fitness motivator** that makes it easy to track daily activities. These **easy to use** activity trackers and heart rate monitors can help support a **happy, healthy lifestyle**.

CAUTION: *This is not a medical device. Should not be used to diagnose or treat any medical condition. Consult your doctor for prevention, diagnosis and treatment. See the user guide for further guidance. This is not a toy. Keep away from children.*

CALIFORNIA PROPOSITION 65 WARNING: *This product may contain chemicals known to the State of California to cause cancer, birth defects and/or reproductive harm.*

WARNING: *Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.*

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